Dyspepsia

Besides these common symptoms, which are of a local nature, it is some=times ~~attended with~~ affects the whole System in which case it is attended with tooth ache, decay of teeth, pains in the head, back, & calves of the legs, cold feet - a liability to take cold - transient Symp=toms of Diabetes - insecurity & intermitting pulse, low Spirits, and ~~a~~ ~~liability~~ only irritability of temper.

Dyspepsia

This disease is known by the following symps: "a knowing or more or less of sensation in the stomach; "want of appetite, Nausea, vomiting, and oppression especially after eating, flatulency - sour eructations — pain in the stomach called by Dr Cullen Gastrodynia — heart burn — Costiveness — appetite - but no digestion, obscure appetite & digestion — the water brash, called by Dr Cullen cardialgia sputatoria — & occasionally a desire for sand lime - Coals - feathers, & putrid aliment". This appetite for putrid aliment is so voracious a nature, as to lead the negroes in the West Indies who are afflicted with it to dig dead & putrid animals to devour them. A black man at Bristol in this state was affected with it.

The stomach is an important viscus, and its functions intimately connected with health & life. Dr Bordue

calls it one of the feet of the tripod which supports life. The other two feet of this tripod are the heart & brain. The following remarks upon its ~~of~~ importance, ~~and~~ in the animal oconomy deserves notice.

1 Its extreme hardiness. Hence it often resists for years the violence that is done to it by excess in eating & drinking - by long fasting - by unwholsome aliments, & drinks, and by taking ~~food~~ both ~~cold~~ ~~hot~~ cold & hot in excess.

2 The stomach sympathizes with nearly every part of the body, ~~but chiefly~~ particularly with the head - the liver - the ~~skin~~ blood vessels - the nerves - the lymphatics - the skin & the limbs.

3 The stomach sympathizes extensively the w:

Effects on the Stomach 7 & waste of Saliva.
6 excess in the use of Acid drinks & Aliments.

7 Frequent repletion with gross food.
& swallowing food without masticating it sufficiently.

8 Frequent repletion with hot, & cold watery liquors. they act by overdistending the stomach, as well as by their stimulating & sedative qualities. I once saw an in=
=curable Dyspepsia & tympany brought on by nothing but drinking large quanti=
=ties of cold water. the cold water is most injurious taken before breakfast, or just before going to bed.

10 The excessive use of Sugar. I once knew it brought on a grocer by tasting 40, or 50 samples of Sugar in a day. Dr Hoffman re=
=lates a case of this disease from the excessive use of Sugar in diet.

Theologies. They will be intelligible and useful to you When we treat upon the diseases of it

The disease when induced by these direct causes is frequently local and is often cured by local remedies, or remedies which act only upon the stomach. No part of the system sympathizes with it. It often continues for years & even during life with intervals without affecting general health. Few people pass thro life without being affected with some one or more of its symptoms, if even one or more of the causes that have been mentioned. It is in short to Dyspepsia when it affects the whole system what cough is to a pulmonary Consumption

~~Costiveness, and Hypochondria are the~~ stomach as ~~to~~ it now is to apply the tenets of Gout ~~in the stomach~~ to the diseases ~~stomach~~ and Rheumatism ~~in~~ the joints and bowels.

12 Vapid, acescent vegetable food. This is a frequent cause of it among the poor peo-
-ple in Scotland. The hypostom called water brash, also the Pyrosis or heart burn generally accompany it from this cause. also the excessive use of animal food.

13 The rejection of the fæces by forcing to-
-bacco. 14 Bile effused into the stomach.
15 Worms - tape - D°
16 Polypus - or ulcer in D°.
17 Hydatids and lithiasis.

13 The frequent use of Emetics.

14 The habitual use of Bitters.

~~15 Obstruction of the liver.~~ This a frequent cause of Dyspepsia by sympathy thro' the medium of the Stomach.

II The causes which induce Dyspepsia by acting indirectly upon the ~~body~~ stomach

1 An indolent life.

2 Vexation grief & distress from all this causes.

3 Intense study especially after eating, & with the body inclined forwards. hence called "morbus studiosorum".

4 ~~Intemperance~~ moist & cold air.

5 fasting, 6 pregnancy. 7 The sud. suppression of fixed sweats on the feet. Dr Duncan.

Headach &c and affections of Uterus

Analogies. They will be intelligible and useful to you. When we treat upon the diseases of

The disease when induced by these direct causes is frequently local and is often cured by local remedies, or remedies which act only upon the stomach. No part of the system sympathizes with it. It often continues for years & even during life with intervals without affecting general health. How people pass this away & morbid emotions, and

~~No Dyspepsia especially when secretion of bile is prevented.~~ and stomach never has been overlooked in prescribing for it. Recollect the liver & stomach are nearly related in their function. No wonder they sympathize with each other.

~~apply the terms Hymania alike to the diseases of the mind & stomach as it now is to apply the terms of Gout and Rheumatism in the joints and bowels.~~ apply the terms Dyspepsia to the diseases

11 Vapid, acescent vegetable food. This is a frequent cause of it among the poor peo-
-ple in Scotland. The Symptom called "water brash," also the Pyrosis or heart burn generally accompany it from this cause. also the excessive use of animal food.

13 The rejection of the fatty a by smoking to-
= bacco. 14 Bile effused into the stomach
15 Worms - tape - Do.
16 Ligatures - or ulcers in Do.
17 The frequent use of Emetics and cathartics.

4 ~~4 Tragicus~~ moist & cold air.
5 fasting, 6 pregnancy. 7 The bad suffocation of fated sweats on the feet. Dr Duncan.

V ~~tions~~ disorders and enlargements of adjoining viscera, or parts of the body — as ~~the Con~~ liver* — Spleen — ~~Omentum~~ kidneys Uterus, ~~Uterus~~ — Carti Cage Dispn. ~~to~~ or from sympathy with more remote parts. ~~as Dentition~~ kidneys decayed teeth — 10 Mrs Rush +

Causes ch act on the whole body as fever — Sailing — certain offensive sights & Odors. You will perceive at one Glance that ~~all~~ many of these Causes of Dyspepsia ~~for~~ are the same as those which produce Gout — apoplexy — palsy — Epilepsy &c. It will be natural to ——— turn over = p: 10

+ It is Oftener induced by ~~morbid~~ diseases or disorders of the liver ~~can~~ than of any other viscera.

* Dr Thos Clark says in nearly every case of liver disease he saw in India, the stomach discovered more or less disease.

‡ Mrs Gold's case.

‡ It is when Dyspepsia is induced by causes which thus act upon the whole system that so many distressing symptoms in every part of the body are brought on by it.

They often induce it. 9 great pain. ... diseases V

8 Gall Stones. ~~according to Dr Heberden~~ ... 9 ~~Histories~~

All these causes first predispose to Dyspepsia by creating the debility from action or abstraction & then induce by their force or continuance morbid action.

A The Remedies for this disease are ‡

I palliative, and II Radical.

The I consist of such remedies as are calculated to relieve the painful & distressing symptoms of the disease. They are

1 magnesia - chalk - & Lime water - also pulverized calcined Oyster Shells - & Calamine powder.

2 The fixed Vegt Alkali. These two for acidity.

3 Common salt. A teaspoonful is a dose.

4 Common salt - dissolved in water & rendered acid with lime Juice, or the muriatic acid. Dr Fullers remedy.

5 A few grains of pepper, or Cayenne taken after dinner. Recollect the cure of sick head effected by this remedy.

6 milk. This is very useful in relieving the heart burn. Unskimmed milk is

= p:10 to inquire why they ~~do not~~ produce ~~cause~~ Dyspepsia, and not the above diseases.
To this question I answer 1 The systems in which those diseases appear are not predisposed to them. 2ly While the Stomach ~~fights for them a kind of heroic disinterestedness~~ by ~~is pop~~ from an innate or acquired debility is predisposed to ~~the~~ that disease. ~~The more~~ The difficulty of curing it, like other insolated diseases is increased by its not bringing any of the other systems into sympathy. a Dyspepsia with sound blood vessels - nerves & muscles ~~also~~ frequently resists ~~for~~ a great while the most powerful stomachic medicine. There is always reason to fear in these cases that ulcer or scirrhus or palsy has taken place in the Stomach or pylorus. (go back to A p:9)

best for this purpose. The acid of the stomach decomposes the milk, & it is afterwards blunted by its oily & cheesy parts. Lime water & milk may be mixed together.

7 Opium. This affords relief when Dyspepsia is attended with spasm, or pain from any other form of morbid action. It likewise enables the stomach to digest food when taken just before a meal. Dr Cheyne mentions the case of a Lady who was unable to retain, or digest her dinner unless she took 9 gr 30 of the Liq laud: just before she sat down to it. I ~~have tried the same with a~~ physician for the same purpose who took 9 gr ij of Opium before he sat down to breakfast ~~for the relief of Dyspepsia without which he could neither retain or digest~~ & Priestley of Dyspepsia under the same circumstances ~~taken~~ 9 gr x taken

8 A Blister to the pit of the stomach. This remedy is highly commended by Dr Darwin.

9 A moderate degree of Compression upon the stomach by a ligature or slight waistcoat after every meal.

V a canine appetite attends — sweet oil, It is said to blunt, or dilute the morbid acrimony of the gastric juice. I shall presently mention some other remedies for this symptom. 14 Testing. This is particularly ~~and several other remedies to be~~ useful in anorexy, or want of appetite. It should be continued for a day or more to be effectual.

The disease often comes on with chronic inflammation; Of this ~~the pain~~ not only heat, and pain in the stomach, but a full or bounding pulse furnish satisfactory proofs. I believe ~~it~~ some degree of inflamm^n often ushers in this distressing disease, and that we fail in curing it by not prescribing for this state of the stomach. I have called it gastricula, from its being a diminutive grade of gastritis. In all cases therefore — where

11 Friction on the stomach after a meal.
11 A Bladder with water heated to 110° & 120° applied to the stomach after eating.
12 Charcoal in pills or powder. The use of this remedy was first suggested by its efficacy in restoring the appetite of hogs.
~~Other Carbonate Potash assist in have the same effect~~ Brown bread, oatmeal, & Indian Corn have the same effect. ~~13 Where~~
II The Radical Remedies for this disease ~~are~~ should be influenced by the state of the system. Bitters & Dyspepsia are as much associated as Bark & an Intermittent in this disease, in the minds of many physicians, but in its acute, or violent state, they, together with all other stimulants are hurtful. ~~If~~ If the pulse ~~be~~ is full or tense, the Cure should be begun by bleeding. - I have ~~twice~~ used it twice, in a bleeding

in concurrence with Dr Dewees

✓ twice since ~~pr.~~ cured a most alarming state of this disease by ~~it in concurrence with this com~~ it where the pulse is not quite so active as to ~~ay~~ require V.S., the ~~as fais~~ remedy should be

+ The bitter wine pill has been found to be an excellent lenient purge in this disease.—

⊙ Baked fruit particularly pears lie well upon the stomach in this state of the disease. Gum Arabic useful—

servant of Qor. Mr Kean in the year 1802 in our hospital with ~~advantage~~ Success, and I have 2 vomits: these ~~purge~~ reduce the morbid Action of the stomach, and prepare it for ~~to~~ stimulants - Ipec: & Vit: Alb: should be preferred.

3 Purges when costiveness attends. ~~Rhubarb~~ ~~this~~ these should be ~~composed of aloes, and the most lenient~~, or acting according to the state of the ~~bowels~~ bowels. They sometimes give pain on great occasions.

4 A Diet consisting wholly of milk, or of vegetables. Dr. Hunter cured a boy by milk only of the worst case of this disease that perhaps is recorded in the Annals of medicine. ~~by~~ He began by giving him a spoonful at a time every two or three hours. I have known it cured in this City by a diet of boiled Turnips. A great advantage would probably arise from giving these two Remedies

+ by constant vomiting. The Aliment to be retained, shd not be changed - for every new article of diet in this state of the Stomach is a new offensive stimulus.

To these Dr Cullen adds Bark. I have generally found it hurtful in Dyspepsia, perhaps from its astringent qualities.

V But there are cases in which a diet the reverse of what has been mentioned is indicated - these cases are where there is no excess of appetite and where the Stomach has lost in a great measure lost its excitability & is in a tonic or stricture state.

The food here should be salted meat, salted fish - and other articles of difficult digestion. These articles by lying long in

by weight & measure. They are indicated in im=
=due sensibility & irritability of the stomach discovered
After the morbid action is reduced which
we may know by the softness of the pulse,
and the ~~[illegible]~~ less frequent recurrence,
or absence of pain, the Remedies should
be, Stimulants. These ~~divide themselves~~ are divided them=
~~into two classes into medicines purely~~
are of a vegetable nature. They divide
themselves into Bitters such as Camomile,
Centory, Wormwood, Gentian, Columbo root & Quassia. They
are all best when infused in water & in such
small quantities as to be ~~repeated~~ renewed every
day. They should be given in succession
& rotation. 2 aromatic & acrid vegetables.
such as nutmeg, Zedoary, Cinnamon, Cassia, ginger, black pepper, Juniper
& Cedar berries, Orange peel, anised &
fennel seed, mustard, horseradish, &
above all - garlic. They may be taken
infused in water, wine or Spirits.

= the Stomach ~~[illegible]~~ frequently
exists in it ~~a~~ a natural & healthy
Action. — The Russian peasants eat their
bread half baked ~~to the~~ in ~~order that it may~~
~~in that we~~ ~~[illegible]~~ and the Irish peasants
sometimes eat their potatoes half boiled
or half roasted. Both these kinds of aliments
in this state are hard of digestion — on w.
account they are preferred where food is
scarce, or where ~~it is not convenient~~ great labor is to be
performed. They act by indirectly stimulating
~~[illegible]~~ the whole body. Perhaps
taking those vegetables, or any other aliments in
a half cooked state, might be useful in
Dyspepsia where the disease arises from
~~Vapor in the stomach~~ either of
the causes that have been mentioned.

a II Class of Stimulants is derived from the ~~vegetable~~ mineral kingdom. They are Elix: vitriol, - ~~White vitriol~~ the Sulphates of Zinc & Copper in small doses - and above all, the different preparations of Iron. I have generally preferred ~~the Oxid of Iron, and~~ as a remedy in this state of Dyspepsia, a combination of ~~vegetable & metallic tonics~~ the Oxyd of Iron with a vegetable stimulant. Columbo root - Canella alba - Calamus - Black pepper & Ginger appear to be the most active of the latter Class of medicines. From 10 to 20 grs. of the Iron & from 5 to 10 of the vegetable stimulant are a dose. —

2 A Diet consisting of solid animal food only. Wild fowl, venison & fish should be preferred to domestic animals & mutton & Beef - & full grown poultry, to lamb, veal, and Chickens. They should all be kept until they are tender, & should be thoroughly done,

✓ It is common to forbid Butter as an Article of Aliment in this disease, but when not rancid, ~~but~~ not disposed to it I have never found it hurtful. It ena=bles the Stomach to retain & Digest fish. ✓ See p: 13 ✓ ~~Even Cream has been taken with fish~~ ~~but~~ Cream Luncheon tea & Chocolate often lie easily on the Stomach. —

before they are eaten. Sometimes salted meat & salted fish are well received by the stomach, when fresh meat & fish are rejected. Oysters toasted cheese and soft boiled eggs are often digested when no other food will lie on the stomach.

Broths, ~~tea, Coffee, food~~ coffee gruels and liquid food of all kinds should not be tasted. If broth be eaten, it should only be ~~in~~ after ~~first tasted & thus~~ being absorbed by toasted bread or biscuit, for the bread & biscuit should be tasted in no other form. It is improved even by being burnt. No vegetable should be taken with the above diet, except potatoes, & these should be roasted, not boiled. The spirits ~~in this~~ proper in this disease should never be taken, with the above aliment, and that for the following reasons. 1 It disposes the food to fermentation. 2 It disposes it to rise from the ~~founders~~ bottom of the stomach, & thus removes it beyond the immediate influence of the gastric juice & 3 it disposes the food by thus elevating it to

4° To stimulate it by ~~taking~~ proposing a number of different aliments to the patient. It will sometimes suddenly vi=
=brate with one of them.

V appetite is suddenly awakened here not only by surprise, but but the impression of unexpected kindness or friendship.

It was ~~verified by~~ experienced ~~by his~~ as Wilson and his companions ~~elegant poetical journey to the falls of Niagara~~ in crossing the Ontario on their way to the falls of Niagara. It is happily described by ~~them~~ him in the two following lines in ~~his~~ the elegant little poem in which he details his adventures to the falls.

" Soon as the savoury steam their nostrils gain,
" They sicken, heave & staggers down again.

This sickness ~~It~~ was prevented only by their ~~eating~~ leaving the cabin as soon the victuals came upon deck

flow through the pylorus into the Duodenum before the process of digestion is completed.

To ~~encourage or~~ excite an Appetite when weak, or ~~the~~ deficient, the following Means have been found useful. +

2 Never to permit a patient to smell the food he is to eat while it is cooking. Its effluvia often destroy the appetite. This +

3 To surprise the appetite by unexpected articles of diet. Anticipation often destroys it.

4 To set but a small quantity of food at a time before a patient. ~~But that the fact of horses~~ Horses ~~then~~ always eat most hay when it is put into this ~~h~~ racks in a small quantity at a time.

5 An Article of diet ~~sent~~ unexpectedly by a neighbour has often been eaten with pleasure, when a patient rejects every thing cooked in his own kitchen. The V

= and eating upon deck. Cold food should be preferred in such cases from its emitting no effluvia.

To enable a patient to retain Aliment when received into the stomach, the following practices have been found useful.

1 Never to take more than a few ounces at a time, and take it five or six times a day, instead of but two or three times in the 24 hours, and in the night, as well as during the day. The stomach should never be full nor empty. Like an idle schoolboy when not employed, it never fails to do mischief in consequence of the debility induced by the absence of stimulus. I have sometimes advised patients not only to place food by their beds to eat in the night, but to carry it from home with them in a tobacco box, if it be meat. Ginger bread nuts which are very useful to prevent flatulency from emptiness may be carried in the pocket.

v a drink prepared of the citric, or sulphuric acid ℥ij ~~Spirit~~ old spirit of any kind ℥iv water ℔ij made pleasant with sugar has been found to be very acceptable to the stomach. also Seltzer & Soda waters. Dr Drake of Cincinnati tells us that he found well water better received by the stomach in Dyspepsia than river water. The former he says contained a solution of some earthy & metallic toxic in it

2 Food is often retained by taking it only in a lying posture. ~~Bleeding~~ mineral waters are often retained at first only in this way. Breeding women seldom sicken, or puke till they leave their beds in a morning. Sea sick=ness is mitigated, or prevented by a recum=bent posture of the body. Persons who are obliged to take aliment in this way should not leave their beds for several hours afterwards.

3 But one kind of Aliment should be taken at a time. I gave my reasons for this formerly.

The Drinks in this disease should be water, posset, madira, and sherry wines. Sometimes Claret & port lie better on the stomach tho' of an acid nature than the white wines, from their containing less fermentible matter in them. The popular drink in this dis=ease Brandy & water should be resorted to with great caution. ~~in fevers~~.

‡. The Cold Bath. | Celsus commends in high terms pouring cold water upon the head, back & region of the stomach. — ⊙ a Blister to the pit of the stomach. Darwin ⊙ Rowing — or ~~throwing of~~ Dumb bells as they are called or two flat irons swung backwards & forwards by the arms —

v Spleen-pancreas — or Ulcers be affected with obstruction which is sometimes the case, when it is induced sympathetically. —

† ~~as state in~~ several deplorable disorders. Scirrhus — Cancer &

These are a state of torpidity — in which there are scarcely any remains of sensibility, and irritability. The food ~~undergoes~~ passes undigested into the bowels, or undergoes the same changes which the same aliments undergo in an inanimate vessel placed in ~~a~~ the heat of the human body. It is a palsy of the stomach

the Physiographic have called this state of the stomach Gastralgia. It is a palsy of the stomach. Few persons recover from this disorder strong initial food & drinks proper.

many people have been made lots by drinking
Ardent spirits in this disease by the advice of
their physicians. Let us take care gentlemen
that no such persons charge their deaths,
and all the crimes of their lives upon us
at the day of Judgement.

5 Gentle exercise with the arms - with the lungs and
on horseback.

6 Reading aloud is commended by Authors in this disease.

7 Costiveness, and all its exciting causes
Chocolate - ardent spirits - tobacco -
especially cold & wet feet should be carefully
avoided.

If all the above Remedies fail, a Ligature
should be prescribed. I have several
times cured it by this remedy - once peb-
-bickly in the year 1800. It will be
in the Hospital in the Pylorus
more necessary if the liver ~~be affected, which is often~~
~~the case~~. This disease is apt to end in Schirrus
and this is in cancer ch
2 It ends in Schirrus in the Pylorus in w:
cases, the patients live a lie in great pain.
One of them put an end to the life of Dr
Senter of Rhode Island. ~~He~~ W: kept him easy.

v a swelling of the feet & legs is always an alarming symptom in this dis=
=ease. It preceded the death of Dr Priestley who died of Dyspepsia.

A pthe or a sore mouth is generally a fatal symptom.

~~His~~ His Blood was fizy to the last ~~day~~ day of his life. v

~~The Dr Cullen enumerates several different~~ ~~from~~ ~~The Dyspy~~ The Dyspepsia from Sea Sickness is prevented by V.S. or a gentle purge - upon going to Sea, It is cured by 1 Laxatives, 2 Opium. 3 Tying up the Stomach. 4 Lying with the head below the heels. 5 By eating a little & often especially of Gingerbread. 6 by the Cold Bath. — 7 by tension. Mrs Warden.

I shall mention the Remedies for Dyspepsia from pregnancy hereafter.

There is a Disease ~~was~~ seated in the Stomach the reverse of Dyspepsia called Bulimia, in which the food so far from ~~being~~ not being well received by the Stomach or easily digested, is received with voracity, ~~and~~ in large quantities, and digested with

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a rapidity that renders a constant supply of aliment necessary for the relief of the patient from the ~~pang~~ distressing disease of hunger. Patients seldom acquire fat, or flesh from all they eat. ~~The~~ I have seen it in its worst form in lean people. The quantity of food they take in a day & that of the poorest kind is from 6, to 12 pounds. In other respects they appear to enjoy good health. The disease appears to be local, and to arise wholly from ~~a deficiency~~ an increase in the dissolving power of the gastric juice from disease. —

The Remedies for it should be aliments of all kinds - that are difficult of digestion. — These should be vegetable & animal. The former should be half boiled potatoes — carrots and parsnips, half baked bread — ~~soft~~ or bread made of unbolted meal. ~~Attention~~ with

these should be boiled, or raw of pork - or beef or four times tobacco, also Oyster shells - = refit in this have been employed

taken half roasted, or meat - Sausages & the fat - Sweet oil taken three a day, - the Chewing of large doses of the powder of - or of bricks promise be= diocrac. The oil & tobacco with success